



CENTRE UPDATE – FEBRUARY 28, 2025

Centre Info

Coffee & FRIENDS Make The PERFECT BLEND

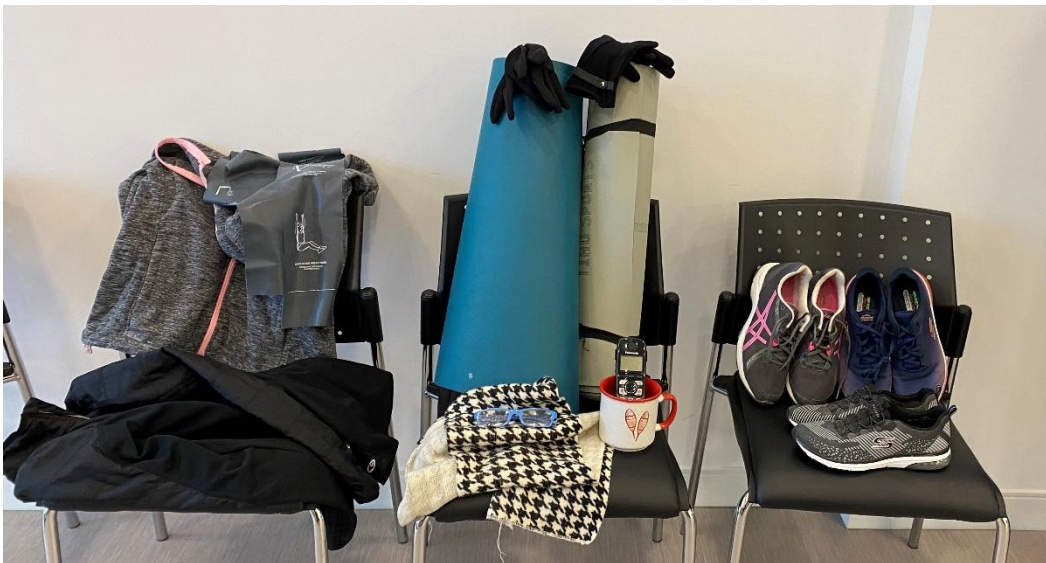
Please join us at the Centre for **Coffee Time**. You can purchase a cup of coffee, tea or hot chocolate for a \$1. A great time to visit, chat & enjoy the company of your fellow Centre Members. Open to everyone so bring a friend.

This is a drop-in. No registration required.

Tuesday March 11th 10am to 11:30am
Friday March 21st 1:00pm to 2:30pm

Lost & waiting to be found:

Do any of these items belong to you? Call the Centre by Friday, March 7th to let us know you would like to claim your lost item. After that you will need to purchase the item from the Salvation Army Thrift Store on Roblin.



Doesn't anybody want me?

Spring Programming:

The Calender and Newsletter for the Spring Session will be available on Friday, March 14, 2025. Registration will open on Monday April 7th. Programming will be begin the week of April 14th.

Many of the fitness classes will remain at the same time but there will be some changes so please be certain to check the schedule when it comes out.

Drop-in Fitness Classes:

Call the office at 204-897-5263 to find out which fitness classes have drop-in space available. The drop-in fee is \$10. There is no online registration for drop-ins.

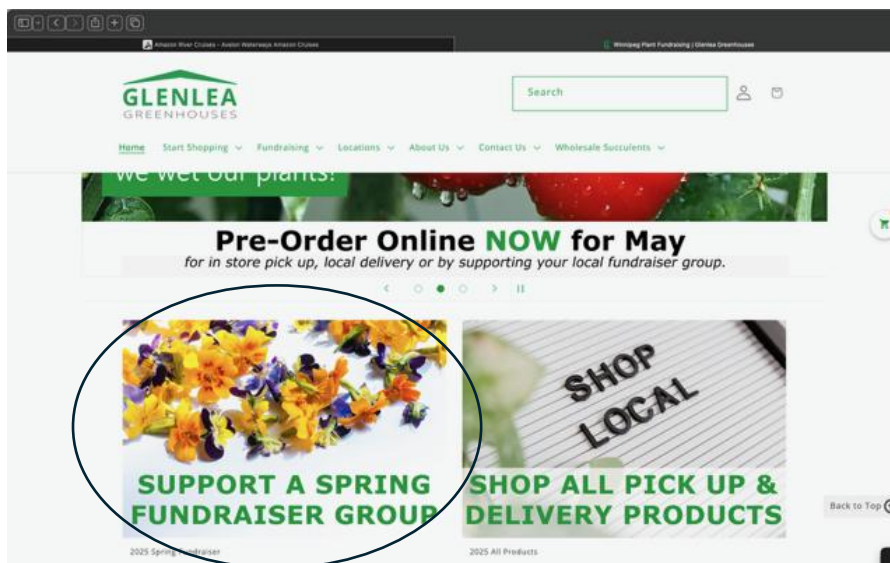
Plant Fundraiser:

We are partnering with Glenlea Green houses to offer spring plants. This opportunity will provide Charleswood Active Living Centre with a percentage of the profit as a fundraiser for the Centre.

To view the 2025 spring fundraiser plant collection please go to the web site at <https://glenleagreenhouses.com/> and click on the "Support A Spring Fundraiser Group". Ours will be listed under Charleswood Active Living Centre.

This opportunity will begin on Monday March 3, 2025. If you click before then you may not see us yet but don't forget to go back and make your purchase!

Plants will be available May 25, 2025 and more information will follow regarding pick up. Call the Centre if you need help with the online purchase.





Tickets:
5 for \$5.00
20 for \$10.00
100 for \$20.00

Draw Date: March 31 at 12:00

Winner takes half!

Online: <https://charleswoodactiveliving.rafflenexus.com/>

At the Centre: in person or by phone (204-897-5263).

LGCA License# 7911-RF-46882

Resources you may find helpful

New Plastic Health Cards

If you want to receive a new plastic health card to replace your paper one, click on the link below and fill out the online form.

Manitobans are not required to have the new card, but when an old one needs replacing, people will get the plastic update.

<https://healthcardweb.manitoba.ca/en-US/Replacement-Card/>

Home Maintenance Program

The Home Maintenance Program offered through the Good Neighbours Active Living Centre is designed to help you complete tasks at home so that you may be able to live in your home longer. The program provides you with names of individuals within your community, who are able to do various jobs at reasonable rates.

All service providers are screened with a criminal reference check, interview and references, to ensure your safety. To be eligible for the program, you must meet the following requirements:

1. Be 55 years of age or older.
2. Be able to make arrangements with service providers.
3. Be living within the City of Winnipeg.

Types of services offered:

- Housekeeping, Meal Preparation, Painting & Carpentry, Yard work, Handyman Jobs, Errands

To Request Services call or email with your area of town and type of service needed.

Phone: (204) 806-1303 E-mail: hmprogram@gnalc.ca

Some Goings-on in the Community

BRIDGE LUNCHEON

Charleswood United Church
4820 Roblin Blvd. at Dieppe Rd.

Tuesday, April 29th, 2025
12:00 - 3:30 p.m.
Doors open 11:30 a.m.

\$20.00/person

food, fun & prizes!!!

Charleswood United Church office
204-832-3667

Please come as a table of 4.



Seedy Saturday at the Millennium Library! Drop in for workshops, a film screening, seed swap and a vendor market. Workshops in the Carol Shields auditorium:

- 11:00am: Master Gardener Lori Graham will discuss composting methods
- 12:30pm: Dennis Rawluk will cover soil blocking and indoor seed starting
- 2:00pm: Stu Innes will discuss new developments in indoor seed starting with grow lights

The documentary film [*In My Backyard*](#) will be screening in the Buchwald room at 11:00am and 1:30pm.

A few funnies for your enjoyment

- I never thought I was the kind of person that would wake up early in the morning to exercise. Turns out I was right!
- This morning I saw my neighbour talking to her cat. It was obvious the poor woman thought the cat understood her. When I got home I told my dog. We laughed and laughed.
- My spouse is really mad at the fact that I have no sense of direction...so I packed up my stuff and right.
- Did you hear about the painter that was hospitalized. The Doctor said it was due to too many strokes.
- What do you call a snowman on a hot day? A puddle.
- Why did the tree take up a hobby? It wanted to branch out.
- What do you call a lazy kangaroo? A pouch potato.
- Today my kid asked, "Can I have a bookmark?" and I burst into tears...11 years and my kid still doesn't know my name is Brian.

Have a wonderful weekend.
Jakee Werbuk
Program Manager

